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Bangalore Mirror

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FESTIVE FERVOUR

2,17,006 Ganesha idols immersed across various zones in city on day 1 of festival with maximum in South Zone

PAGE 5

HEAVY AIR

B'luru features in list of 10 southern cities where PM 2.5 levels have risen to alarming level, report reveals

3,891 complaints from the public received between Jan 1, 2023 till Sept 3 this year are yet to be attended to; 1,105 of these complaints are about road maintenance

NO RESOLUTION IN SIGHT

While some citizens say complaints are closed without being resolved, others are happy with prompt response

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) officials have been claiming to have resolved complaints received from the public on civic issues. The BBMP Chief Commissioner has also issued a statement on filling up potholes and craters on the city roads. However, as per data, thousands of complaints have remained unresolved for over a year and some of those complaints are yet to even be considered.

According to data available with Bangalore Mirror, the BBMP officials yet to address 3,891 complaints received from the public between January 1, 2023 and September 3, 2024. Among the pending complaints, 1,105 are pertaining to road maintenance in the eight zones of the BBMP. Mahadevapura Zone leads the list with 517 complaints related to road maintenance pending while Yelahanka Zone is in the second place with 133 pending complaints and Bengaluru East is in the third place with 124 complaints

CONTINUED ON PAGE 8 »

"We have been complaining to the BBMP to install sufficient number of street lights and replace fused bulbs for more than two years but our grievance is still pending

— Nagendra Swamy, BCMC Layout resident

Riders, use your head

Recent drive reveals surge in helmetless riding; bikers turning foolhardy due to contactless enforcement?

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The traffic police, who strongly advocated for the helmet rule nearly a decade ago, are now witnessing a surge in violations as helmetless riders become a common sight across the city. Despite initial success in enforcing the rule, there has been a noticeable lapse in strict implementation in recent years. Over 1,000 cases were registered in a two-day drive in the West traffic division, resulting in fines exceeding ₹3 lakh in a single day.

The shift to contactless enforcement, intended to ease traffic management, appears to have inadvertently led to a rise in non-compliance. Many riders continue to flout the rule, posing a significant risk to road safety and undermining the efforts

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Onam vibes

Celebrate the spirit of Onam with at Vapour for a South Indian Music Festival. Featuring an amazing lineup with DJ Manny, DJ Vijju, and DJ Sandy to get you grooving to the best South Indian tunes. Come in your traditional attires and have fun at the music festival. **Where: Vapour Pub and Brewery, Indiranagar; When: September 11, 8 pm**

02 Science and robotics

Mekathlon is an International Science and Robotics competition conducting its semi-finals across 6 cities in India with its Grand Finale in Bengaluru on 23rd and 24th November, 2024. Step into the spotlight and participate for incredible rewards and excitement. You can also attend conferences featuring industry experts, and experience the adrenaline rush at Thrill hub, the epicentre of Mekathlon. **Where: Orchids International School, KR Puram; When: September 14 and 15, 10.30 am**

03 Live concert

Join for an unforgettable evening as the sensational Armaan Malik takes the stage. From chart-topping hits to heart-melting songs, Armaan Malik's performance promises to be a musical journey like no other. Feel the magic in the air as he enchants the audience with his extraordinary voice and captivating presence. Don't miss out on this memorable opportunity to witness Armaan Malik's extraordinary talent live in Bengaluru. Get ready for an evening of pure bliss.
Where: Bhartiya Mall of Bengaluru; When: September 15, 6.30 pm

Bengaluru North University in PhD favouritism scandal

University neglects UGC's 70:30 ratio, allots 50% weightage to interview

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Bengaluru North University in Kolar is facing serious allegations of irregularities in its PhD admissions process. The university is accused of violating University Grants Commission (UGC) guidelines and norms during the admissions for nine PhD programs. Although the university conducted an entrance exam, the results indicate that the UGC's mandated 70:30 ratio for entrance exam and interview marks was not followed. Instead, the university reportedly assigned equal weightage of 50% to both components.

Unlike other universities such as Bengaluru Central or Bengaluru University, which base PhD admissions on entrance exam results and postgraduate degree marks, Bengaluru North University allotted 50% of the total marks to the interview. This deviation from standard practice has sparked allegations of favouritism and corruption, as the high weightage for interviews could be used to favour certain candidates. UGC regulations clearly state that PhD admissions should be determined by a 70:30 ratio, with 70% of the marks coming from the entrance exam and 30% from the interview. By giving equal weightage to both, Bengaluru North University has violated these norms, raising concerns about the integrity of the admissions process.

In light of these alleged irregularities, there are growing demands for the cancellation of the interviews and for the entire admissions process to be redone. Critics have labelled the university's actions as "unfair" and "arbitrary," with many students claiming that the deviation from UGC guidelines has led to favouritism in the selection process. A source also alleged, "During the interview stage, marks were supposedly awarded based on postgraduate and reservation category criteria. However, some candidates who performed well in the entrance exam received only 2 out of 30 marks in the interview, further fueling allegations of bias and corruption. These discrepancies have intensified calls for a thorough investigation into the admissions process at Bengaluru North University."

There are growing demands for the cancellation of the interviews and for the entire admissions process to be redone

> **"Some candidates who performed well in the entrance exam received only 2 out of 30 marks in the interview, fuelling allegations of corruption** – Source

Apprenticeship based Degree courses

Meanwhile, to enhance employment opportunities for students, the Department of Higher Education has partnered with a centre to introduce apprenticeship-based degree courses in 45 government colleges across the state. As part of this innovative program, students will receive a monthly stipend of Rs 10,000 during their apprenticeship, offering both financial support and hands-on experience. The program encompasses a range of courses, including BCom in Logistics Operations, E-Commerce Operations, Banking Finance Services and Insurance, and Retail Operations. Students will spend the first four semesters studying in their respective colleges, followed by apprenticeship training in industries and organisations during the fifth and sixth semesters.

An official said, "This not only provides students with apprenticeship opportunities but also includes specialised training for professors, ensuring that the educational experience is robust and industry-relevant. He noted that these courses are designed to enhance students' employability by equipping them with practical skills and industry knowledge."

Minister Sudhakar added, "This programme has the potential to bridge the gap between education and employment, offering students a pathway to gainful employment while they complete their studies." He stressed that the practical experience gained through the apprenticeship would be invaluable in helping students secure jobs post-graduation.

Already, 1,373 students have enrolled in these courses, reflecting strong interest in the programme. The partnership also includes coordination with the Sector Skill Council, which will award certificates to students upon completion of their apprenticeship training, further enhancing their credentials in the job market.

Peanut butter loving sloth bear gets back on her feet

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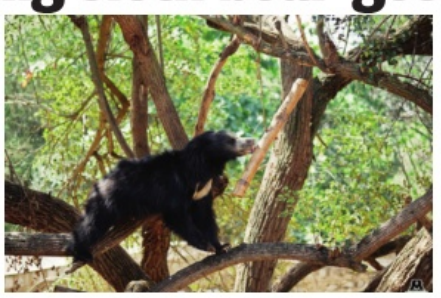
A limping sloth bear, who had fallen victim to a deadly trap, was sighted by the Forest Department in the Tumkur district of Karnataka. Entrusted to Wildlife SOS for long-term care, she was named Millie and brought to the Bannerghatta Bear Rescue Centre in Bengaluru. Rescued in 2021, Millie has shown a promising recovery and is now a playful bear.

When the team at Wildlife SOS heard about Millie, they quickly went to help her with safety nets and tranquilizers. After sedating her, they removed the metal snare that was tightly wrapped around her right leg. The snare had caused a serious infection and a painful wound. Millie needed urgent medical care, so she was taken to the Bannerghatta Bear Rescue Centre. Though she couldn't walk at first, Millie has made an amazing recovery, going from being weak and malnourished to a healthy and lively bear. Over the last three years, with dedicated care from the team at the rescue facility, the 5-year-old sloth bear has made progress both physically and mentally. She's curious and enjoys playing with treat-filled toys, especially those with peanut butter. Full of energy, she loves climbing trees in her enclosure and relaxing in her favourite hammock.



Kartick Satyanarayan, co-founder and Chief Executive Officer of Wildlife SOS, said "Snare traps are commonly set by farmers to deter crop raiding by wild animals or by poachers. Millie's plight reflects the gruelling threats that wild animals face due to this illegal practice. It points out the urgent need for sustained vigilance and stricter legal enforcement to protect wildlife." Dr Arun A Shah, Director of Veterinary and Research Operations at Wildlife SOS, said, "The tranquil surroundings of the Bannerghatta National Park have positively helped Millie heal with a renewed enthusiasm for life. Active engagement with her surroundings and her deep connections with the caregivers are positive signs of her recovery, reflecting her resilient spirit."

Geeta Seshamani, co-founder and Secretary of Wildlife SOS, added, "Her initial days were filled with uncertainty. But now Millie has emerged as a joy-filled ursine which has been a rewarding experience for all."

It is party time for tipplers at crucial foot over bridge

BMRCL constructs over bridge used by pedestrians, bus passengers, but nobody is taking care of premises

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The Bengaluru Metro Rail Corporation Limited (BMRCL) has constructed a foot over bridge for pedestrians and Bengaluru Metropolitan Transport Corporation (BMTC) commuters to cross the national highway (NH) without any hassles. The foot over bridge will also be useful for Namma Metro commuters when the Yellow Line becomes operational.

Many pedestrians and BMTC commuters appreciated the BMRCL for constructing the over bridge and also making provision for lift services on both sides. Though it is too much to ask that the BMRCL also ensure that these lifts are in working condition for the benefit of senior citizens much before the Yellow Line becomes operational, the lack of maintenance near the lift areas is appalling. Black spots have been created on both sides of the foot over bridge, especially near the lift. One can see empty liquor bottles and garbage in front of the door of the lift.

"I thank the BMRCL or those responsible for constructing the foot over bridge but maintenance of this facility leaves a lot to be desired. The local authorities can engage workers to remove garbage and empty liquor bottles that have become an eyesore from here," said Manoj Kumar, a BMTC passenger.

> **"It is the responsibility of the public to inform police if they come across miscreants or drunkards misusing this public place. And then the police must act tough against them**

The condition of the foot over bridge on Electronics City side; (Below) Empty liquor bottles and garbage in front of the lift on Konena Agarahara side

Expressing concern over the poor maintenance of the over bridge, Niranjan N, a resident of Konappana Agrahara, said that he has also noticed the empty bottles in front of the lift that is yet to be opened for public.

"I am not blaming the authorities for garbage as the Namma Metro is yet to become operational on this stretch. But I urge the police to keep a vigil on drunkards and miscreants who misuse this over bridge. The over bridge is a great help for pedestrians and BMTC commuters to reach the other side of the road," said Niranjan.

Blaming the miscreants for creating black spots on the over bridge, Krishnappa T, a BMTC commuter, said that it would be difficult for authorities to engage workers to keep the the over bridge clean on a daily basis. "It is the responsibility of the public to inform police if they come across miscreants or drunkards misusing this public place. And then the police must act tough against those misusing the facility," said Krishnappa.

The National Highway Authority of India (NHAI) Assistant Executive Engineer told BM that the foot over bridge was constructed by the BMRCL and the NHAI has nothing to do with its maintenance.

The BMRCL Public Relations Officer was not available for comment.

Police foil burglary attempt at jewellery stores

Swift response by the Hoysala patrolling team foiled an attempted burglary at two jewellery stores on Avenue Road in the early hours of Sunday. A group of six to seven masked men targeted Sankeshwara and Dharmesh Jewellers, breaking the locks on their shutters, at 2 am.

The burglars had cut the CCTV connection in an effort to avoid detection. However, a nearby security guard heard the noise and promptly alerted the police control room. The alert was quickly given to a Hoysala team stationed nearby, who arrived at the scene within minutes.

The sound of the Hoysala vehicle's siren caused the burglars to abandon their plan and flee. The Halasurugate police soon arrived, conducting a thorough inspection of the scene and registering a case of attempted burglary. Authorities are now reviewing CCTV footage from surrounding areas to identify the suspects.

Dowry case after woman succumbs to burns

A 27-year-old woman, Anusha, succumbed to severe burn injuries in Victoria Hospital on September 7 after a fire incident the previous evening in which she sustained 50% burns. The incident occurred around 8:30 pm and is being investigated as a suspected dowry death. According to police sources, Anusha, who was newly married, had been harbouring suspicions about her husband, Harish Venkatesh, 33, accusing him of having an extramarital affair. This suspicion allegedly led to repeated threats of self-harm by the victim. Harish, a software engineer earning ₹80,000 a month, had not been going to work for the past two months, which reportedly worsened tensions between the couple.

Following the incident, Anusha was rushed to Victoria Hospital, where she battled severe burn injuries but succumbed to her wounds the next day. Authorities have now registered a case of dowry death, and further investigations are ongoing.

Police put full stop to Avalabetta cliff-hanger

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Avalabetta, a picturesque cliff near Bengaluru, has gained immense popularity among adventure seekers and social media influencers, but it has also become a cause for concern due to increasing safety risks.

The cliff, known for its breathtaking views, has seen a surge in visitors eager to capture viral social media content. However, this rise in fame has led to dangerous stunts being performed on the cliff's edge, prompting authorities to declare it a restricted zone.

Despite clear warnings and restrictions, many continue to trespass in pursuit of the perfect shot, often putting themselves at grave risk to create social media reels and videos.

This troubling trend has prompted the Chikkaballapura district police to take action against violators. Recently, a man was arrested for performing stunts at the cliff, with authorities warning that such reckless behaviour could have fatal consequences.

Once a quiet destination, Avalabetta's growing social media fame has led to an influx of tourists, many of whom are more focused on gaining online attention than respecting safety protocols.

The long queues of visitors have also added to the challenge, as many feel compelled to engage in increasingly dangerous activities to stand out online.

Authorities are now cracking down on such activities, with the police taking strict action against those found trespassing or endangering themselves and others for social media stunts.

The district police have issued repeated warnings, emphasising that the risks involved in these acts are far too high to be ignored.

In light of recent incidents, the police have urged the public to act responsibly and refrain from entering restricted zones, prioritising safety of the people.

"Strict action will be taken against the miscreants involved in making reels," a police official stated, highlighting that similar incidents have occurred in the past, posing safety risks and violating the law.

Ganeshotsav immerses city in festive euphoria

Bengaluru celebrates chaturthi with poojas and cultural activities, immersing 2,17,006 idols on first day across various zones

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KAUSHIK JN

Immersion of Ganesh idols at Ulsoor Lake

Ganesha Chaturthi was celebrated with religious devotion and enthusiasm across Bengaluru. The day featured poojas, while the evening was filled with cultural activities. On the first day, 217,006 Ganesha idols were immersed throughout the city, with both permanent and mobile tank facilities used for the immersions.

The East Zone recorded 40,791 immersions, with 38,006 at permanent locations and 2,785 through mobile tanks. The West Zone followed with 52,429 idols immersed, 26,930 of which were at permanent spots and 25,499 via mobile tanks. The South Zone saw the highest number of immersions, with 84,149 idols in total, 81,035 of which were handled at permanent locations. The Bommanahalli Zone contributed 3,915 immersions, including 1,039 at permanent sites. Dasarahalli reported 1,719 idols, with 812 at permanent locations. Mahadevapura recorded 7,229 immersions, with 5,749 at permanent spots.

In Rajarajeshwari Nagar, 12,680 idols were immersed, including 9,240 at permanent locations. Lastly, the Yelahanka Zone saw 14,094 immersions, with only 10 handled through mobile tanks.

An official commented, "The number of Ganesha idol immersions is expected to increase in the coming days. Unlike other cities, Bengaluru's Ganeshotsav is celebrated over a month with staggered festivities, so we anticipate more immersions in the weeks ahead."

Political debate over FSSAI certification for prasadam

During the celebrations, a political controversy emerged over the Karnataka government's circular requiring "FSSAI-certified prasadam" at public pandals. The BJP criticised the move, labelling it as disrespectful to tradition. Despite their disagreement, politicians collectively urged people to ensure that the prasadam they consume is unadulterated and to celebrate the festival sustainably. Union Minister Prahalad Joshi, attending a Ganesh puja in Hubballi, emphasised the importance of hygiene in the preparation of prasadam. Meanwhile, Karnataka Chief Minister Siddaramaiah extended Ganesh Chaturthi's wishes on social media platform X, urging people to keep environmental concerns in mind during the festivities.

Arrival of elephants for Mysuru Dasara

"So far, 14 elephants have arrived in Mysuru in two batches. "We performed pooja for them around 12:30 PM, during the auspicious 'Abhijin lagna,' since elephants are considered a form of Lord Ganesha. We later fed them fruits, jaggery, and modaks", said TS Subramanya, Deputy Director of the Mysore Palace Board.

Lake full of life: Rare species spotted in first survey

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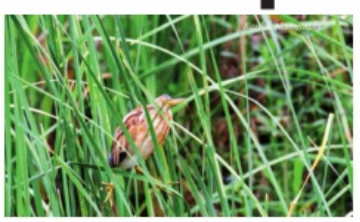
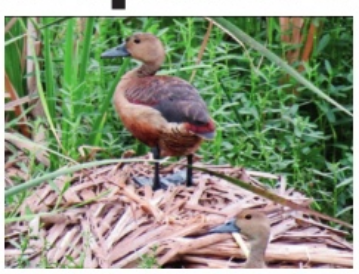
For the first time, a Biodiversity Survey was conducted at Avalahalli Lake, Yelahanka, involving 25 naturalists and birders from across Bengaluru. They identified about 60 bird species, as well as butterflies, dragonflies, damselflies, and 40 plant species. Experts emphasise the need to protect the lake, noting its rich biodiversity has been neglected over the years.

The survey, conducted by Green Circle, spotted various bird species including the Lesser Whistling Thrush, Bronze-winged Jacana, Yellow Bittern, rare Cinnamon Bittern, Tricolored Munia, and Red Avadavat. Notable butterfly species identified include the Grass Yellow, Lime Blue, Apefly, Common Four-ring, Chocolate Pansy, and Castor.

Selvarajan, Chairman of Green Circle, said, "The very purpose of saving this lake is to support the rich potential of birds and flora. The lake still has scope for improvement. That's why we have taken up the rejuvenation work. One important reason is that due to our continuous efforts, the fencing has been completed recently on all sides. It has helped us to stop illegal fishing for the last few months. However, water is still less. The reason is that Rajakaluve is not connected and inlets are clogged. We have to get the Kaluve connected for further flow of water. We have eBird records of about 80+ species here. Today we recorded 53 species only."



Green Circle members noted that the BBMP and Panchayat Singanayakkanahalli have completed fencing and deployed security staff for 12 hours. However, residents are now demanding round-the-clock security. Selvarajan said, "This is the first biodiversity survey done by citizens across the city. People's biodiversity register is gaining importance all over the country. We will conduct 3 more quarterly surveys. One in December, one in March and one in June 2025. After enumerating the flora and fauna, we will bring a book with the list of flora and fauna. Deepa Mohan, an expert has suggested that there is a high potential for converting this as a biodiversity hotspot."



Vasanth Kumar, Director of Green Circle said, "We are thankful to all the naturalists who came from far-off places to checklist the biodiversity in Avalahalli Lake. Our conservation efforts will be strengthened by the presence of rich Biodiversity here".

Expert Deepa Mohan added, " We found excellent biodiversity at the lake. There are several bird species including some of the rare species and other insects. The lake is rich in biodiversity and the authorities should take measures and preserve this biodiversity space."

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Trash ignored

Koramangala

A vacated coffee shop near the BMTC bus depot in Koramangala 6th Block has left trash, including food waste and fixtures, dumped on the footpath, with no action from authorities.

Waterlogged roads

Ejipura

Potholes and water stagnation at the Ejipura signal on Inner Ring Road have been persistent for months, with no action taken to address the issue.

Crossing risk

Millers Road

Crossing from Cantonment station to Millers Road is dangerous due to heavy traffic. The old pedestrian bridge hasn't been relocated, leaving pedestrians at risk, even with the new road open.

Potholes must go: 'Merciless action' if not fixed

Deputy CM warns that officials will face suspension if repairs are not completed within 15 days; plans personal inspection

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TWEETS @BangaloreMirror

With potholes continuing to plague Bengaluru's roads, jurisdictional officers are now facing the threat of suspension if they fail to address the problem. On Sunday, Deputy Chief Minister Shivakumar issued a stern warning to officials, stating that "merciless action" would be taken if the potholes were not filled within the 15-day deadline. The Deputy CM had initially set the deadline on September 1, following numerous complaints from residents about the deteriorating state of the city's roads.

In a meeting with Bengaluru city corporation officials, senior officers, and Chief Engineers, Shivakumar directed the 400 staff engineers to prioritise filling the potholes, warning that severe consequences would follow for those who failed to meet the target. "I don't know how many will be suspended, but I have told them that the potholes must be filled within the deadline," he said.

He added that officials, regardless of their rank, must personally inspect their wards and ensure the work is done. He also mentioned that after the 15 days, he would personally tour the streets of Bengaluru to check the progress.

Pothole-ridden road

Additionally, the Bruhat Bengaluru Mahanagara Palike's forest wing has been instructed to trim trees to prevent them from falling due to wind or rain. Shivakumar clarified that trees should be trimmed, not cut, to ensure safety.

A BBMP official explained that Bengaluru's road network spans about 12,878 km, including 1,344.84 km of arterial and sub-arterial roads, and 11,533.16 km of ward-level roads. These roads have traditionally housed underground utilities like cables, water and drainage pipes, and gas lines. However, the installation of high-capacity cables by Karnataka Power Transmission Corporation Limited (KPTCL) and Optical Fiber Cables (OFC) has worsened the road surface, leading to persistent potholes. The "Fix Pothole" app, equipped with GPS, is being used to identify roads, detect potholes, and record their dimensions, with each pothole generating a separate work order. This system is intended to make the pothole repair process transparent, control costs, and ensure accountability. For the fiscal year 2024-25, 33.75 crore have been allocated to 225 wards, with each ward receiving 15 lakh to tackle this problem.

Cleanliness oath on Oct 2

The Deputy Chief Minister announced that on Gandhi Jayanti, October 2, all students in Bengaluru, both in government and private schools, will take an oath focused on cleanliness. The pledge will be administered at Vidhana Soudha, while students at their respective schools will commit to maintaining cleanliness in their surroundings and raising awareness among their families and communities.

B'luru air quality breaches WHO limits

City's pollution levels soar, with PM2.5 & PM10 exceeding guidelines: Report

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The latest report by Greenpeace India, 'Spare the Air-2' has flagged serious health concerns as the average PM2.5 and PM10 levels soar in 10 major cities of Southern India, Bengaluru being among them, significantly exceeding the air quality guidelines set by World Health Organisation (WHO).

The report analyses the air quality standards of Hyderabad, Chennai, Visakhapatnam, Kochi, Mangaluru, Amravati, Vijayawada, Visakhapatnam, Bengaluru, Mysuru and Pondicherry. The study has found that in Visakhapatnam, PM2.5 is 10 times and PM10 is 9 times higher than WHO guidelines, and also significantly surpasses National Ambient Air Quality Standards (NAAQS) limits. When compared with WHO guidelines, the annual average PM2.5 levels are found to be 6 to 7 times higher in Hyderabad, Vijayawada, Kochi, Mangaluru, Amaravati, and Chennai. Additionally, comparing PM10 levels with WHO guidelines reveals that Bengaluru, Puducherry, and Mysuru have annual averages that exceed these guidelines by 4 to 5 times.

The lead researcher of the report, Akanksha Singh says," Clean air is fundamental to our health, yet this report reveals that particulate matter levels in all cities have surpassed the revised WHO guidelines. While current efforts are focused on cities not meeting the NAAQS, it is crucial to address those cities that are currently in compliance. Proactively managing air quality in these areas can help prevent them from falling into non-attainment".

Monthly trend shows city's PM2.5 is 5-6 times above WHO guidelines

> **Clean air is fundamental to our health, yet this report reveals that particulate matter levels in all cities have surpassed revised WHO guidelines**
>
> –Akanksha Singh, researcher

Selomi's Garnaik, Greenpeace India's campaigner added, "Our recent analysis of PM10 and PM2.5 levels in ten southern cities of India reveals a stark reality; air pollution is not confined to northern regions but is a pressing crisis affecting the entire country. The levels of these pollutants in southern cities have alarmingly surpassed WHO guidelines, posing severe risks to public health. To address this, we continue urging the Central Pollution Control Board (CPCB) to adopt a health-based approach in revising the NAAQS, striving to meet WHO's latest scientific guidelines. Given the distinct pollution profiles and climatic conditions of southern cities, it is crucial to establish region-specific air quality standards aligned with local airshed management. This tailored approach will ensure more effective measures for managing air pollution and safeguarding public health in these regions," she explained.

The report strongly advocates for new NAAQ standards considering the unique pollution profiles and climatic conditions of South Indian cities. It also recommends increased investment towards developing a "hybrid" air quality monitoring network, facilitating real-time public access to air quality information. It further suggests local governments promote renewable energy solutions while also mapping the sectoral hotspot zones to develop targeted action points for effective pollution control as well as to create awareness programmes to encourage people to adopt sustainable practices such as public transport, electric vehicles and solar energy to reduce fossil fuel dependency.

Findings specific to Bengaluru

1. The city has 14 monitoring stations set up by CPCB and Karnataka State Pollution Control Board. However, data was not recorded at 3 stations: BWSSB Kadubeesanahalli, City Railway Station, and Saneguruvanahalli KSPCB.
2. The annual average levels of PM2.5 are 4 to 5 times higher at 7 locations and 8 to 9 times higher at 3 locations.
3. The annual average of PM10 is 3 to 4 times higher at 7 locations and 5 to 6 times higher at 5 locations in the city.
4. The city's annual average of PM2.5 levels is slightly higher at 3 locations, and the rest of the stations are well within the NAAQS standards.
5. The annual average of PM10 levels is slightly higher to 1.5 times higher at 9 stations.

Monthly air quality trend:

1. Monthly air quality trend for Bengaluru shows that PM2.5 levels are 5 to 6 times higher and PM10 levels are 3 to 4.5 times higher than the revised WHO guidelines.
2. At all the locations, the value of PM2.5 levels is within the NAAQS limits throughout the year.
3. PM10 levels exceeded NAAQS limits in February, March, April, October, November, and December.

Mob beats up man after abduction attempt

Over 10 young men brutally assaulted a man after he allegedly attempted to abduct a woman near Kalkere Colony in Bannerghatta on Saturday night.

The woman, who had gone to a nearby store to buy milk, was reportedly accosted by the accused, identified as 33-year-old Ravikumar, a cook at a local hotel. Under the influence of alcohol, Ravikumar allegedly tried to drag the woman to a secluded area, covering her mouth to prevent her from screaming.

As the woman managed to raise an alarm, a group of youths returning from a Ganesh immersion event rushed to her aid. Upon seeing the approaching group, Ravikumar attempted to flee but was caught by the enraged men.

The group beat him up and even stripped him to attack him on his private parts. Police arrived at the scene and took him into custody.

Ravikumar was admitted to a hospital in Jigani for treatment. The Bannerghatta police have registered a case of assault against the unidentified assailants based on Ravikumar's medical report and statement. The police are awaiting a formal complaint from the victim. –BMB

5 killed in car collision

Five people were killed and three others severely injured in a head-on collision between two cars near Keregala Palya in Madhugiri taluk, Tumakuru district, on Sunday night.

The victims have been identified as Sidhu, 12, and three family members, Yogesh. Nagaraj, who was driving the second car, also lost his life in the accident.

The impact of the collision left both vehicles mangled, with bystanders and police struggling to free those trapped inside. Police suspect that rash and negligent driving may have led to the fatal accident.

Karnataka rooftop solar capacity crosses 600 MW

Experts say that state has more solar rooftop potential, awareness required

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160 rooftop solar water heater panels installed in BDA apartment in Kengeri near Bengaluru

Over the last two years, Karnataka has witnessed a noticeable surge in rooftop solar installation. According to data from Karnataka Renewable Energy Development Limited (KREDL), 172.14 MegaWatt (MW) of rooftop solar projects were installed between March 2023 and July 2024. With this momentum, the total capacity of rooftop solar in the state has crossed the 600 MW mark. A little over 50 MW of solar rooftops were installed between April and July this year. During 2023-24, 121.82 MW of rooftop capacity was installed, nearly double the capacity in 2022-23 (79.57MW) and the highest installed capacity reported.

The Ministry of New and Renewable Energy (MNRE) launched the national portal for rooftop solar in July 2022. The portal simplified the procedure for installing a rooftop solar system and applying for a subsidy. Experts say the scheme eased the process for both consumers and vendors, leading to increased installed capacity. "The national portal has filled the gaps that existed before. Earlier, the subsidy was getting reimbursed through the nodal agency and it was proving to be cumbersome for vendors as well as customers, especially in the case of small-capacity projects. With the national portal, the beneficiary is receiving the subsidy directly. Once commissioning happens and the letter is issued, the beneficiary gets the amount within 30 days," said Ramesh Shivanna, president of the Karnataka Renewable Energy Systems Manufacturers Association (KREDLE). MNRE has also directed the nodal agencies to approve connections within 30 days of installation, failing which, it is considered deemed approval.

While the installed capacity of solar rooftop is picking pace, experts say Karnataka is not tapping its solar rooftop potential. KRDL data on commissioned renewable energy projects support the claim. As per KRDL, rooftop solar accounts for 4.3% of the cumulative renewable energy projects commissioned in the state since 2014-15. Between 2014-15 and now, while a total capacity of 13,863.47 MW of RE projects were commissioned, rooftop accounts for 603.53 MW.

> **"While MNRE has taken measures to spread awareness about Surya Ghar scheme, state govt has not promoted it aggressively** – RE Expert

Experts say the scheme is hampered by a lack of consumer awareness around Surya Ghar: Muft Bijli Yojna. "There is a lot of scope for improvement. We are lagging when compared with other states in the country. While MNRE has taken various measures to spread awareness about the scheme, the state government has not promoted it aggressively. KREDL has done only a handful of awareness campaigns and workshops around it. It should happen more extensively in rural areas. This is the main reason rooftop is still suffering," said a city-based renewable energy expert.

OCI students cannot opt courses under Hyderabad Karnataka region quota: HC

The Karnataka High Court has ruled that students holding Overseas Citizens of India (OCI) cards are not eligible for admission to professional courses through the Hyderabad-Karnataka region reservation quota under Article 371J of the Indian Constitution. The court clarified that OCI students can only seek admission to medical and dental courses under the general merit category, as per the Supreme Court's verdict. The High Court observed, "The category of beneficiaries under Article 371J and for that purpose the Karnataka Educational Institutions (Regulation of Admission in Hyderabad-Karnataka Region) Order, 2013, are distinct and separate class when juxtaposed with the class of persons who have the status of OCI cardholders under Section 7A of the Citizenship Act, 1955."

The verdict was delivered by a Division Bench consisting of Chief Justice NV Anjaria and Justice KV Aravind while disposing of a petition filed by Meghana Kuruvalli, an 18-year-old OCI cardholder and citizen of the United Kingdom. The Bench further noted, "The petitioner is a citizen of the United Kingdom. The petitioner who is a foreign national has climbed upward social mobility. The context of benefit accorded under Article 371J does not befit to be extended to such segment or class of candidates. Not only that they constitute a different class with different characteristics, they could therefore not be allowed to take away the benefits of reservation from those who are deserving."

The court clarified that the educational rights given to OCI cardholders through the Central government's notification and the Supreme Court's verdict are limited. The definition of 'local person' under the Hyderabad Karnataka Order is specific to Article 371J of the Constitution and does not include OCI cardholders who are not Indian citizens. The benefits of the reservation quota under Article 371J are meant for Indian citizens belonging to that region, and foreign nationals like the petitioner cannot claim such benefits. **— BMB**

NOTES FROM THE FIELD

Prison diaries

With the buzz around Darshan's transfer to Ballari jail, local cinema owners seized the moment. They premiered Darshan's film "Shastri" as a nod to the star's loyal followers. However, despite the initial fervour, the cinema's re-run of the movie failed to ignite the same level of enthusiasm inside the theaters as expected. Meanwhile, the star himself has faced a challenging adjustment period. Sources reveal that Darshan had a restless start to his time at Ballari prison, struggling with a lack of sleep due to discomfort. His initial meals were sparse, with a modest portion of rice and sambar being his evening fare.

Pat on BBMP's back

There has often been a comparison between Bengaluru and Delhi regarding infrastructure, with many in Bengaluru asserting that Delhi boasts superior facilities. However, Deputy Chief Minister DK Shivakumar offered a different perspective. He remarked, "During my recent visit to Delhi, I took the opportunity to explore some of the smaller roads there. In my view, Bengaluru's roads are in much better condition. I'm not here to criticise, but this is the reality. Additionally, the improvements in flood management in various parts of Bengaluru are a testament to the excellent work done by BBMP officials. I extend my congratulations to them for their efforts," he said.

Court verdict

At a recent press conference, journalists grilled Police Commissioner B Dayananda on the surprising speed with which actor Darshan was transferred to Ballari jail, while Wilson Garden Naga, the rowdy sheeter who allegedly hosted the so-called 'tea party' inside the jail, remained comfortably ensconced in his cell. In response, the commissioner quipped that action would be taken according to the question posed. On a serious note, he clarified that the details had been submitted to the court, and any further action would depend on the court's approval.

Covid scam

The State Government is gearing up to investigate an alleged Covid scam from the BJP's tenure, specifically when Dr K Sudhakar held the position of Health Minister. When asked for his thoughts on this by journalists, Leader of the Opposition R Ashoka said: "They've now turned their accusations towards Sudhakar. But let's imagine what would happen if Sudhakar were to level allegations against the current government. He has nothing to lose since he's no longer a minister, but his accusations could force the current ministers to resign. My advice to the government is to put an end to this divisive politics and focus on a fair investigation. We want to remind them that it's the opposition's role to bring up issues, but lately, it seems like the government itself is acting like the opposition, stirring up controversies."

Not a race horse

When journalists asked MLC BK Hariprasad about several Congress MLAs expressing their ambitions to become Chief Minister, he responded with a touch of pragmatism, "We have 135 legislators, and there's a saying about being 'one among equals.' In a democracy, everyone has the right to voice their aspirations." When pressed on whether he was also in the race for the CM's position, Hariprasad quipped, "I've never been in any race—I'm neither a racehorse nor a donkey. I'm a politician committed to the ideals of my party."

What's in a nick-name?

During a recent meeting, an interesting moment unfolded when Siddaramaiah was seen waiting for his colleague Satish Jarkiholi. Just as he was about to step into his car, he noticed that Satish was still engrossed in conversations with his supporters. In a light-hearted manner, Siddaramaiah addressed Satish as "Sahukar" in front of everyone. The nickname, "Sahukar," is widely known in Satish Jarkiholi's constituency, where he and his brothers, who run a thriving business empire, are affectionately called by this title.

Snatch tactic

Union Minister of State for Railways, V Somanna, recently visited Raichur district, where a large crowd had gathered to voice their concerns. Among their key demands was the establishment of an AIIMS in Raichur. As one passionate speaker took the microphone to press the issue, Somanna, visibly irritated, gestured for him to stop. However, when the man persisted, Somanna abruptly stood up, snatched the microphone from him, and sternly remarked that there is a proper way to communicate and people should know when to stop—hence his need to take the mic away. **— Sridhar Vivan**

How Indian enthusiasts kept motorsports up to speed

Documentary shines light on evolution of motorsports at different airstrips in the country

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In the state, defunct air strips used included Yelahanka and Agram in the city and Kolar; inset: A young Vijay Mallya

"This is not about history of motorsports per se, but a collection of true events on how an unimaginable feat was achieved despite all odds and barriers –Sujith Aradhya

The documentary - Breaking the Barriers: India's Race to Glory - narrates how some petrol heads were instrumental in organising motor sports at different airstrips at different locations in the country. Many of us are not aware of how motorsports were organised at Yelahanka and Kolar and how they were cancelled.

The documentary has details of defunct air strips that were used as racing tracks. The defunct air strips are Alipore, Kacharapara, and Barrackpore (West Bengal), Yelahanka and Agram (Bangalore), Kolar (Kolar district), Sulur (Coimbatore), Sholavaram (Madaras), Lohagaon (Pune), Julhu (Mumbai), and Safdarjung (Delhi). The documentary consists of the views of important people such as Gautam Sen, Chaitu Wadhwan, Indu Chandhok, AD Jayram, TV Ramachandran, Pratap Jayaram, Vidya Prakash, Mahendran, Subash Chandra Bose, Ajaypath Singhania, and others.

Indian motorsports has a rich legacy and has produced talented racers since the pre-Independence era, and the tradition continues, but the irony is that there is no documented information on Indian motorsports and the new generation has no clue whatsoever of the earlier racers or their accomplishments and the very development of Indian motorsports.

Today, when we talk to motorsports enthusiasts in India, they will speak about Lewis Hamilton, Max Verstappen, etc. Their awareness of Indian racers and Indian motorsports pale in comparison. This docu-series is an attempt to connect Indians to our unsung heroes. Against this background, Sujith Aradhya, a keen follower of Indian Motorsports, and a filmmaker and father of the young champion racer, from Bengaluru, has attempted to capture the history of Indian Motorsports in a documentary series.

'Breaking the Barriers: India's Race to Glory' is the first exclusive documentary web series produced on Indian racers and how motorsports evolved in India. It is an inspirational, true story of Indian motorsports, and the convergence narrated by racers and veteran auto journalists. The series take viewers on a journey from the gone-by era to the current date in chronological order. These stories are expected to inspire the young generation and showcase the stories of the unsung heroes of India, who laid a strong foundation for motorsports.

According to Aradhya, "This is not about the history of motorsports per se, but a collection of various true events on how an unimaginable feat was achieved despite all odds and barriers." This web series is primarily produced for the OTT platform, and the producers plan to release it in four seasons as they believe the passionate stories of Indian motorsports cannot be told in a few episodes. Currently, Season one consisting of eight episodes is ready to go on air.

Not meeting Obama & Harris; US visit purely personal: DKS

Rejecting reports that he was travelling to the United States of America to meet some top leaders there, Karnataka Deputy Chief Minister DK Shivakumar on Sunday clarified that it was purely a personal visit with the family.

The DCM has also released to the media a letter that he wrote to AICC President Mallikarjun Kharge, regarding his visit to the USA.

"I am travelling to the USA (from today) along with my family till September 15. The media reports that I am meeting former US President Barack Obama and US Vice-President Kamala Harris (who is also contesting upcoming Presidential polls there) are incorrect. It is a personal visit," he clarified in a press statement.

"As I have already informed (you), I will be proceeding to Washington on 8th September 2024 evening on a private visit and I will be back on 16th September 2024. This is for your kind information," Shivakumar said in the letter to Kharge.

Earlier in the day, Shivakumar speaking to reporters here said he will be abroad for a week on a personal visit.

To a question about the agenda of his trip to the US and whether he will be meeting any big personalities there, he said, "it is a personal family trip.... (meeting) no one, I'm going on a personal basis."

Shivakumar also met Chief Minister Siddramaiah at his residence earlier in the day, official sources said.

–PTI

BM Finance Fundas

Consumer Connect Initiative

What is the latest Public Provident Fund interest rate?

The Public Provident Fund (PPF) is highly popular as a fixed income product because of its long-term guaranteed earnings and tax benefits. By contributing small amounts on a regular basis, the PPF scheme enables you to start saving and build a fund that aligns with your financial objectives.

Who can open a PPF account?

Any resident individual can open an account for himself/herself and on behalf of a Minor or a person of unsound mind as a Guardian. According to the SBI website, "A Public Provident Fund (PPF) account can be opened by resident Indian Individuals and individuals on behalf of Minors or a person of unsound mind. Only one PPF account can be maintained by an Individual, except an account that is opened on behalf of a Minor / a person of unsound mind. A Public Provident Fund (PPF) account can be opened either by the Mother or Father on behalf of their Minor Son or Daughter. However, the Mother and Father both cannot open Public Provident Fund (PPF) accounts on behalf of the same Minor."

PPF Interest rate

PPF offers interest rate of 7.1 % that is fully exempt from tax under Section 80C. This interest rate is for the JulySeptember 2024 quarter.

What if account holder becomes NRI?

A resident who subsequently becomes NRI during the currency of maturity period prescribed under the PPF Scheme, may continue to subscribe to the fund till its maturity on a non-repatriation basis. However, these accounts cannot be extended further.

Minimum and maximum

The minimum investment is Rs.500/- in every financial year and the maximum investment is Rs.1,50,000/- in every Financial Year. A minimum deposit of Rs 500 is required to be deposited in PPF Account every year. If this is not done, the PPF account will become inoperative.

Transfer of PPF account

PPF accounts can be transferred from other banks or post offices, and vice versa. In this instance, the PPF account will be considered as a continuous account. The process is:

To transfer a PPF account, the customer must file a request to the bank/post office where the account is held. The old bank/post office will deliver the relevant documentation, including a cheque/DD for the balance, to the customer's new branch address.

Loan against PPF account

If the loan is not repaid, or is repaid only partially, within 36 months, interest on the amount of loan outstanding will be charged at six percent per annum rather than one percent per annum, beginning on the first day of the month following the month in which the loan was obtained and ending on the last day of the month in which the loan is repaid. PPF accounts can be continued after maturity without making any further deposits. The balance will continue to earn interest at the notified rates. The subscriber can make one withdrawal within the balance available in each financial year.

– Sneha Kulkarni ET Online

Celebrating faith

Fireworks lit up the sky above the St. Mary's Basilica Church on the final day of the St. Mary's Feast in Shivajinagar, on Sunday

Suspected Mpox case in Delhi, Health Ministry says no cause of alarm

A suspected case of Mpox was reported in Delhi in a man who recently returned to India from abroad, a Union Health Ministry release said on Sunday. According to the release, the patient has been placed under isolation in a designated hospital and is currently stable.

The release further mentioned that the samples from the patient are being tested to confirm the presence of Mpox.

"The case is being managed in line with established protocols, and contact tracing is ongoing to identify potential sources and assess the impact within the country," the release stated.

The Ministry stated that the development aligns with the earlier risk assessment conducted by the National Centre for Disease Control (NCDC) and there is no cause of any undue concern. It further asserted that the country is fully prepared to deal with such isolated travel-related cases and has robust measures in place to manage and mitigate any potential risk.

Mpox, formerly known as monkeypox, has been a public health issue in parts of Africa for many years but resurfaced as a global concern in 2022.

Since January 1, 2022, Mpox cases have been reported to the WHO from 121 member states across all six WHO regions. The WHO Mpox report dated September 3, 2024, provides global data up to July 31, 2024. A total of 102,997 laboratory-confirmed cases and 186 probable cases, including 223 deaths, have been reported to the WHO. **ANI**

800 complaints on street lights unresolved

CONTINUED FROM PAGE 1

pending. Dasarahalli Zone is in last place with only 12 complaints pending. More than 800 complaints related to the health department are pending and Bangalore East is in first place with 228 complaints and South Zone in second place with 154 pending complaints.

Around 800 complaints on street lights are still pending with the BBMP. Bengaluru South Zone leads the list of pending complaints at 185 and Bengaluru East Zone is in second place at 139 followed by RR Nagar (126) and West Zone (119).

"We have been complaining to the BBMP authorities to install sufficient number of street lights and replace fused bulbs for more than two years but our grievance is still pending with the authorities," said Nagendra Swamy, a resident of Bangalore City Municipal Corporation (BCMC) Layout.

He said that one of the complaints on potholes has been closed by the BBMP officials who claimed that it has been resolved.

"The potholes are yet to be filled. The authorities closed the complaint without filling potholes," he said.

Expressing a similar opinion, Ashok Mruthyunjaya of Aam Aadmi Party said that he came across the BBMP officials closing the complaints by afternoon if the public lodges complaints in the morning. "The BBMP closes the complaints pertaining to potholes, trees and drains without attending to such problems," Mruthyunjaya said.

However, Prasanth Palakkadiyil, a resident of Singasandra, said that

BBMP WhatsApp is very useful and effective. "The BBMP authorities have responded to the complaints lodged on the WhatsApp Group. I am happy with the prompt response from the BBMP," said Palakkadiyil.

Park and playground

More than 40 complaints pertaining to parks and playgrounds are pending. Bengaluru East Zone has the maximum complaints at 29 while six complaints in Bommanahalli Zone and four each in RR Nagar and Bengaluru South Zones and no complaints in Mahadevapura, Dasarahalli, West, and Yelahanka Zones.

"We have been running from pillar to post to resolve encroachment of a park in our locality. The BBMP Horticulture Department is yet to fix this problem despite repeated complaints. Tara Prakash, one of my neighbours, has submitted a letter to the BBMP Commissioner on June 3, 2017 on illegal structures in the park but the authorities concerned have done nothing till date," said Vandana Williams, a resident of Anglo Indian Quarters, Austin Town.

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I, NANDITA JAGDISH CHAWLA, W/o AUROARPEET MOHANTY R/o Jupiter Homes Flat No 303 Block B, 3rd Floor Anugondanahalli Hobli Samethanahalli Bangalore Rural-560067. I have changed my name to NANDITA CHAWLA vide affidavit dated: 30/08/2024 Before Notary B M Chandrashekar Bangalore.

I, Poojary Satish Babu R/o No L 71 Priyatharanga 3rd Main Fernhill Garden Apt Hsr Layout 6th Sector B'lore 560102 have changed my name to Satish Poojari for all purposes.

I, Noor Mohamed Jameel R/o Flat no 35 Silver oak Aprt. 2 ,1st main road, Kavalbysandra RT Nagar post Bangalore 560032 have changed my daughter name from Sara to Sara Noor for all purposes

I, MOHAMMED WASEEM S/o Mohammed Aslam R/o No:- 14 K G Road Potters Colony Mothinagar Kalasipalyam Bangalore 560002 have changed my name to MOHAMMED WASIM for all purposes

I, Khadiza Saifuddin Barodawala W/o Hussain Mustansir Marfatia R/o No:- 30 2nd Flr 22nd Main 1st Crs Vinayakanagar Ramaswamy Lyt J P Nagar 5th Phase Bangalore 560078 have changed my name to Khadiza Hussain Marfatia For all Purposes

I, Noor Mohamed Jameel R/o Flat no 35 Silver oak Aprt. 2 ,1st main road, Kavalbysandra RT Nagar post Bangalore 560032 have changed my daughter name from Mariyam to Mariyam Noor for all purposes

I, Mohamed Sibgath Ulla s/o Mohammed Ayub Pasha R/o 47/2 3rd main , 4th Cross SRK Garden Jayanagar B'lore-560041 have changed my name to Mohammed Sibgath Ulla for all purposes.

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1,000 cases of helmetless riding in 2 days in West Division

CONTINUED FROM PAGE 1

made by the police to promote helmet usage.

Riding without helmets has surged as the most frequently registered traffic violation in the city, with recording over 600 cases in just one day, on September 5 and 443 cases on September 6 only in the West division.

This offence now surpasses violations like signal jumping, speeding, driving against one-way rule, and illegal parking. Shockingly, helmetless riders account for nearly 70% of all traffic violations this year, with over 46 lakh cases reported in just the first half of 2024, as reported by the BM earlier in July.

Despite ongoing awareness campaigns and penalties, the widespread disregard for helmet laws has raised serious concerns about road safety and the effectiveness of enforcement measures. DCP Traffic West, Anitha B Haddannavar, attributed the frequent helmetless riding cases to public negligence.

"People assume we won't take action, which is why so many violations occur.

However, we are conducting special drives to control the situation and imposing fines on those who break the rules," she said.

Similar trend in other zones

According to traffic police data, helmetless riding remains a widespread issue, particularly among two-wheeler riders. This trend is seen across other zones as well.

DCP Traffic North, Siri Gowri, highlighted that the increase is largely due to riders, especially the youth, neglecting the importance of helmets. "They find it more convenient not to wear a helmet and have become accustomed to ignoring traffic rules," she remarked.

In the South division alone, 681 cases of helmetless riding were recorded in a single day, with over 4,561 cases reported in just one week. Authorities attribute the rise to rider complacency, with many prioritising conveniences or being unaware of the serious safety risks involved.

While other traffic violations are significant, they fall behind the rampant issue of helmetless riding. Fewer cases of offences like signal jumping and speeding, were recorded. Additionally, the enforcement of seatbelt regulations among car drivers has led to improved compliance.

Flexible fitness

Be kind: How moms can blend movement and motherhood for mental well-being

Parents have received reassurance that their overwhelming stress surrounding child rearing is not going unnoticed: In the United States, the surgeon general recently announced an advisory on the mental health and well-being of parents.

While it is not surprising that raising children with the added challenges of social media is contributing to parents' stress, it is particularly evident in mothers of young children.

In my work as an exercise physiologist and health researcher, my objective is to teach mothers to move their bodies and to appreciate the importance of engaging in physical activity while also maintaining self-compassion. I recognise that while physical activity may benefit mental well-being, it is also an added stipulation in an overburdened schedule.

With mothers navigating never-ending to-do lists, expecting a traditional approach to exercise (travel to an exercise facility, engage in 30 to 60 minutes of exercise, travel home) is not going to make the cut. Yet, this is what parents' social media is flooded with, as some mothers promote their fitness routines and return to their pre-baby bodies.

Why workouts often don't work

Those who work in behavioural medicine have noted traditional exercise prescriptions — structured exercise, at a specific intensity for a prolonged duration — may be a deterrent in some circumstances. These simply don't work for those who struggle to find time in their schedule for self-care. This may be the truest for mothers, who are often front-loading domestic duties, immersed in intensive parenting, carrying the mental load of motherhood (bearing and parenting a young child) and working outside of the home.

With time spent with children skyrocketing in recent decades, and most mothers not having the support that makes childrearing more manageable, it is no wonder that mental well-being — and moreso, physical activity — is suffering.

A 2020 study found that 39 per cent of working mothers in the United States did not engage in a single bout of vigorous activity during the week. Yet, those who were able to engage in regular physical activity had a higher quality of life.

> **"Researchers note traditional exercise prescriptions — structured exercise, at a specific intensity for a prolonged duration — may be a deterrent in some circumstances**

Feasible fitness

So, what is the solution? How can we promote physical activity to support mental well-being among mothers without adding to their overwhelming to-do list? From my own research with new mothers, it is evident that those who attempt to stick to more structured exercise often find it falls by the wayside, as even the best laid plan can be deterred by child sickness, work deadlines and softball tryouts.

In a recently submitted research study, my colleagues an I focused on having mothers engage in physical activity around their own feelings of readiness. This ensures that exercise doesn't become another overload that their body isn't recovered enough to handle.

For instance, one participant described: "I'm obviously not feeling so great so I'm not going to try to push myself to do anything too intense … kind of give you permission to kind of just focus on yourself and just recover, so that was nice."

In contrast, in a previous study we offered physical activity programming in a structured online format to new mothers. Participants couldn't adhere to the program the way that was expected and it made them feel that they were failing.

"At the end of the day I was like yeah, no I'm not doing this video, I am going to bed. So that would make me feel […] I was not enough, […] I should have done that, I should have pushed myself more. So, it was a love-hate relationship with it."

Flexible approaches

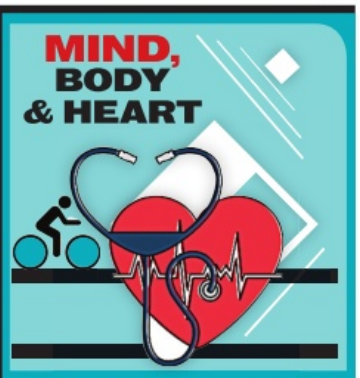
It appears that flexible approaches may be best when it comes to mothers adhering to physical activity, given the challenges in finding time to succeed at more stringent programming.

'Exercise snacks' have taken off as an opportunity to move in small bites throughout the day to achieve health benefits. In addition, "no pain, no gain" is out of fashion and there is an increased focus on promoting enjoyable exercise. For instance, getting to choose how hard one pushes their body during exercise — rather than prescribing a specific intensity — increases overall engagement in physical activity. Green exercise, or engaging in physical activity in a natural environment, has also been shown to be more pleasurable and should be considered as a way to increase adherence.

As a full-time working mom of two young children — and lacking a local support system — physical activity has changed dramatically for me in the last few years. I've squeezed in yoga at the office before school pick-up, have run or walked around baseball fields during spring sport chaos and lifted weights in the backyard while my kids ran in circles around me. It's not perfect, but it's getting the job done and I feel better for it.

While all mothers have divergent challenges and these may not be solutions for everyone, mothers missing out on physical activity during these stressful years does not promote their health and well-being. So maybe the solution is to be flexible and self-compassionate around physical activity engagement while recognising the many demands being placed on mothers.

(By Iris Lesser, University of The Fraser Valley, The Conversation)



All you need to know about...

Air pollution effect

Go green
Lack of green spaces and long-term exposure to air pollution increase the risk of hospitalisation for respiratory conditions, a new study has said.

From asthma to COPD
Traffic-related air pollution is also strongly linked to the progression from asthma to asthma-COPD (Chronic obstructive pulmonary disease), according to a second study presented at the ERS Congress the European Respiratory Society (ERS) Congress in Vienna, Austria.
The first study was presented by Shanshan Xu from the Department of Global Public Health and Primary Care, University of Bergen, Norway.

Effect of pollutants
The study evaluated the association between respiratory health and long-term exposure (between 1990 and 2000) to particulate matter, black carbon, nitrogen dioxide, ozone, and greenness (the amount and health of vegetation surrounding a person's home). "Specifically, we observed that for each interquartile range increase in these pollutants, the risk of hospitalisation rises by approximately 30 to 45 per cent, depending on the pollutant. Greenness, on the other hand, contributed to a reduced risk of respiratory hospitalisation," said Xu.

2 main pollutants
The second study was presented by Dr Samuel Cai from the Centre for Environmental Health and Sustainability at the University of Leicester, UK. Levels of two main air pollutants – particulate matter and nitrogen dioxide – were estimated at each participant's home address, and a genetic risk score. The team found that for every 10 micrograms per metre cubed higher exposure to particulate matter, the risk of developing COPD was 56% higher among asthmatic patients. **–IANS**

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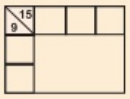
SOLVE IT IN A MINUTE

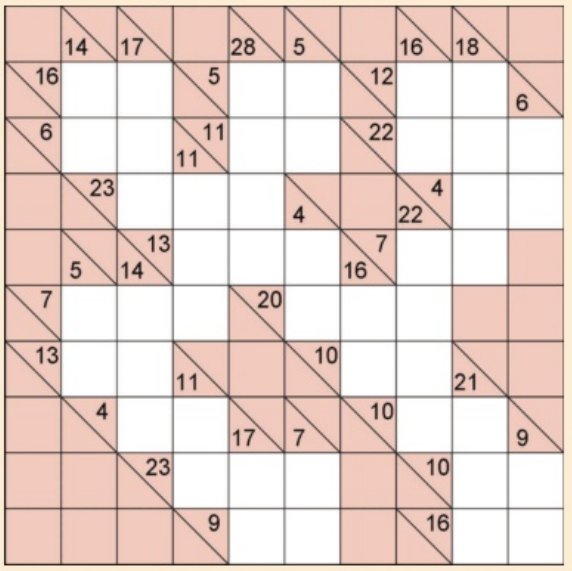
(2015×1999)-(2015×1379)/(1999-1379) = ?

Kakuro

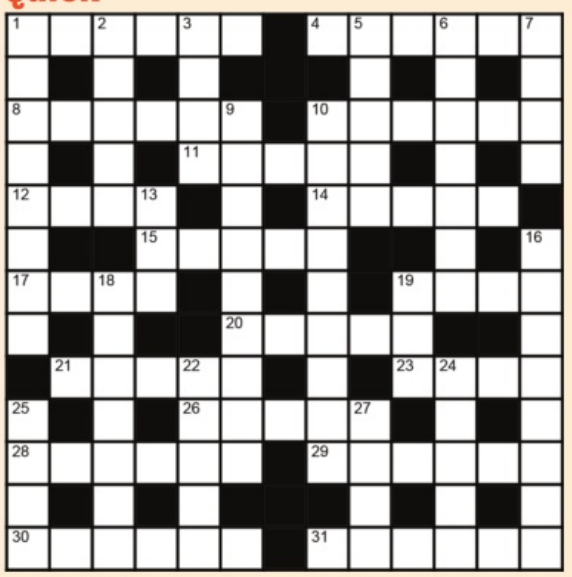
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 British liquid measures (6)
4 Begins (6)
8 Accost and attack (6)
10 Odours (6)
11 Exercise move (3,2)
12 Melt or soften (4)
14 Is bested (5)
15 Use energy (5)
17 Retired in short? (4)
19 Catch sight of (4)
20 Very severe (5)
21 Wild dog (5)
23 By far (4)
26 Original-not old (5)
28 Unethical (6)
29 Fat used in candles (6)
30 Distressing situation (6)
31 Nice-looking (6)

DOWN

1 Fourth parts (8)
2 Confused or bewildered (2,3)
3 The thing here (4)
5 Pace (5)
6 Hair curlers (7)
7 Ornamental band (4)
9 Famous English city (9)
10 Area famous for its invitation card shops (9)
13 Marry (3)
16 Incidentally (2,3,3)
18 Libyan seaport (7)
19 Forest tree (3)
22 Grind (5)
24 Without illumination (5)
25 Stinging insect (4)
27 Den (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS U

HRMJ RAA SDE URG, KRLJ RAA SDE URG, TBLJ RAA SDE URG.

Linemaro

They say dating is a number game.
May I have your number?

Mindchow

Never close your lips to those whom you have already opened your heart.

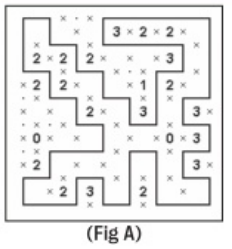
Joke of the day

Q: Why did the man throw his watch out of the window?
A: He wanted to see time fly.

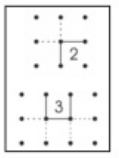
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



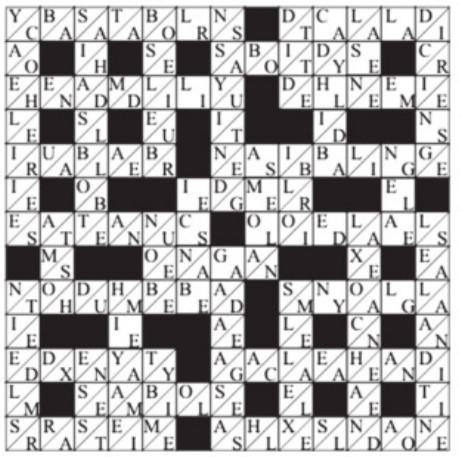
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

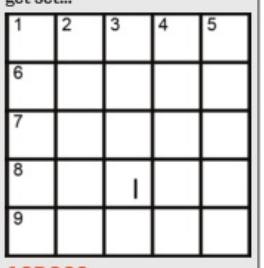
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Arabs; 6 Luaus;
7 Acorn; 8 I noun;
9 Penna

DOWN

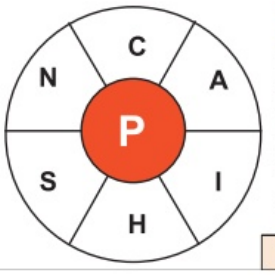
1 Pun us; 2 A Nasa;
3 Bruin; 4 Acorn;
5 On lea

Mensapuzzle

Solve this dingbat:

Mr. Gun, JR.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

SudokuChallenge

			3	2		9		
	5			1		8	2	
7	1							
			2		6			4
8	6			4			1	3
9			1		3			
							4	8
	8	1		7			5	
		3		9	4			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16
2 2 6 6

Medium = 3
2 3 4 6

Hard = 21
2 5 7 4

Hocusfocus

Find at least six differences in details between panels.

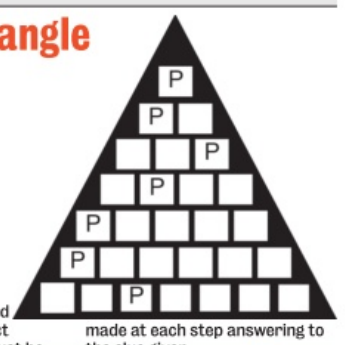
Differences: 1. Hat is larger. 2. Floor is different. 3. Words on window are larger. 4. Curtain is shorter. 5. Glass is moved. 6. Tie is different.

Riddler

If PACK + KNIT + STAY + ELMO = KITE Then THAW + FLIT + GNAT+ DIET = ?

Alpha triangle

1 Sixteenth letter
2 Dad
3 Light knock
4 Petty quarrel
5 Glue
6 Small meat pie
7 Christen

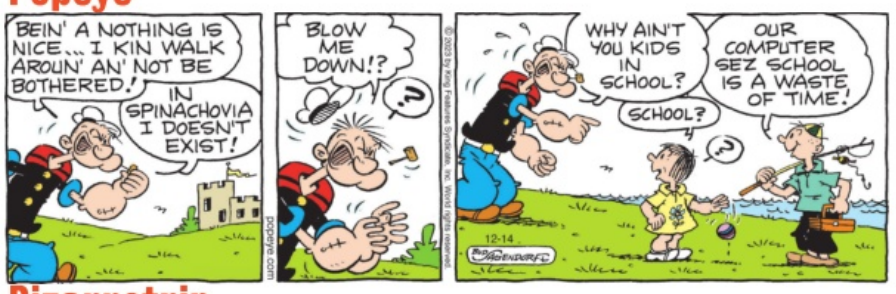


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


BEIN' A NOTHING IS NICE... I KIN WALK AROUN' AN' NOT BE BOTHERED!
IN SPINACHOVIA I DOESN'T EXIST!
BLOW ME DOWN!?
WHY AIN'T YOU KIDS IN SCHOOL?
SCHOOL?
OUR COMPUTER SEZ SCHOOL IS A WASTE OF TIME!
12-14

Bizarrotrip

Diamond Lil

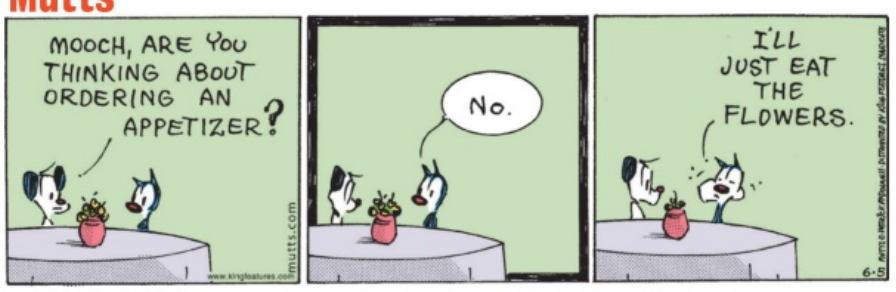
Hart of the city

BRENT ONLY WATCHES DUBS. SO THERE'S NO WAY HE'S A GOOD CANDIDATE FOR PRESIDENT OF THE ANIME CLUB.
I ONLY WATCHED THE DUB FOR "MY CHAMPION UNIVERSITY" BECAUSE I WAS BUILDING A GUNDAM AT THE TIME! I'M WELL-ROUNDED!
NO SUBS, THOUGH?
HMMM... WHAT A SHAME.
GUNDAMS ARE COOL.
GUNDAMS ARE VERY COOL.

Crankshaft

EVEN AT NINETY-FOUR, MATTY... YOU STILL PLAY WITH GUSTO!
EARLIER I SAW YOU SLIDING HARD INTO SECOND!
YEAH... I FIGURE WHY WAIT AROUND TO SEE WHEN YOU'RE GOING TO BREAK YOUR HIP!

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, the moon blesses you. You may expect to inherit some assets. You may perform patiently on the work front, increasing your efficiency. You may be polite with the people around you. You may put less effort into day-to-day work. You may use your communication skills to get new work and progress on the work front.

Taurus Apr 21 – May 20
Today, you are blessed by the moon, and it may give you patience. Externally you may face some work-related stress but your inner sense may be calm and cool, which may help you to balance everything. You may enjoy every moment of work and domestic life. New sources of income may be opened, which may help you to boost your financial health.

Gemini May 21 – Jun 21
You may feel dull today. You may face health issues. You are likely to be a victim of sleeplessness. Your arrogance may affect your domestic harmony. Your profits may convert into losses. You are advised to think twice before doing any type of financial transaction.

Cancer Jun 22 – July 23
Today you may feel energetic. Your losses may convert into profit, which may increase your business growth. You may take difficult decisions in the business, with the help of your subordinates. You might perform at work efficiently, your boss may support you. You may also expect to get incentives which may increase in savings.

Leo Jul 24 – Aug 23
Today, you may be busy at work. With the help of destiny, you are likely to implement new ideas in the work. You may follow rules and be ethical in your dealing with the people around you, which may give you inner peace and inner strength.

Virgo Aug 24 – Sep 23
Today things are under control, you may be able to come out of yesterday's messy situation. You may work with great patience, which may reflect in your way of working. Love birds may plan for an outing. Students may have a good focus towards their goals. Singles may find their love in the same community.

Libra Sep 24 – Oct 22
Today you may feel dull and unhappy. You may be a victim of mood swings, which may reflect in your domestic life harmony. You are advised to avoid arrogance at work otherwise you may create hidden enemies around you. You are advised to avoid rash driving and adventure tours.

Scorpio Oct 23 – Nov 22
Today you may be happy. You may spread happiness around you, you may feel harmony in domestic life, you may enjoy romantic moments with your spouse. Your family may support you in making important decisions on the professional front. You may expect new ventures or partnerships in the business or work.

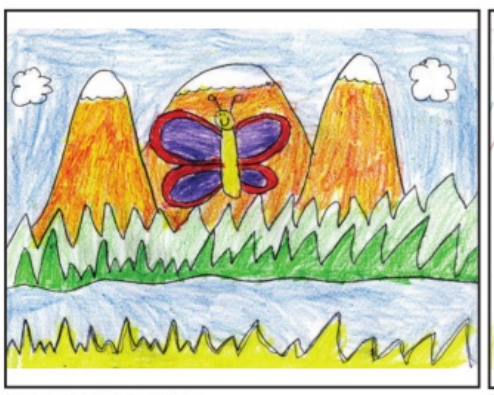
Sagittarius Nov 23 – Dec 22
Today's positive moon may make you happy. You may use your patience. Your performance may be good in the job and you may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Job seekers are likely to get a suitable job in their domain. Love birds may enjoy their dating.

Capricorn Dec 23 – Jan 20
Today you may have mixed situations around you. It is advised to not expect more from anyone around you, it may make you disappointed. Today you may have self-exploration and self-analysis, which may allow filtering yourself. After the filtration process, you may feel confident and be able to prepare to accept challenges.

Aquarius Jan 21 – Feb 19
Today, dissatisfaction may make you upset. You may not be able to enjoy a single moment. You may have a lack of patience, which may affect your way of working. Silly mistakes may happen in your task. You are advised to practice meditation or yoga. You may also visit religious places to seek peace.

Pisces Feb 20 – Mar 20
Today, you may feel energetic, and your speed of working may be noticeable. You may easily perform difficult tasks. Disputes between siblings may be settled now, which may lead to happiness in the family. Your focus towards your goals may be noticeable, which will give you success on your work front.

KIDZONE



Ananyta Vastare, Bengaluru

SS Bhaghwan, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=2015(1999-1379)/(1999-1379)
=2015

BULL'S EYE
aplish, aspic, chip, hasp, pain, panic, pica, pinch, ship, snap, snip, span, spin, SPINACH

QUOTE UNCODE
Make all you can, save all you can, give all you can.

FAST FIVE

S	A	B	R	A
U	S	U	A	L
N	A	R	C	O
U	N	I	O	N
P	A	N	N	E

STRIKE OUT

C	A	S	T	O	R	S		D	A	L	A	I		
O	H		S		A	B	I	D	E		C			
H	E	A	D	I	L	Y		E	L	E	M	I		
E		E		I		I						N		
E	X	E	A	T		G	A	L	A	H	A	D		
M		S	M	I	L	E		E		E		I		
S	A	T	I	E		S	H	E	L	D	O	N		

QUICK

P	L	I	G	H	T		P	R	E	T	T	Y		
S		L		S			I		I			A		
A	M	O	R	A	L		T	A	L	L	O	W		
W		P		N	O	V	E	L		N		E		
D	I	N	G	O		P		M	U	C	H			
S		R		P	E	N	A	L		T				
R	E	T	D		R		A		E	S	P	Y		
E		E	X	E	R	T		R		B				
T	H	A	W		V		L	O	S	E	S			
R		E		S	I	T	U	P		L		H		
A	S	S	A	I	L		S	M	E	L	L	S		
U		T		H			E		O			A		
O	U	A	R	T	S		S	T	A	R	T	S		

MENSA PUZZLE
son of a gun

RIDDLER
Wind. Take the last letter of the first word, second to last letter of the second word, etc. Pack + knit + Slay + Elmo = KITE ThaW + flit + gNat + Diet = WIND.

SUDOKU

6	4	8	3	2	5	9	7	1
3	5	9	4	1	7	8	2	6
7	1	2	9	6	8	4	3	5
1	3	7	2	8	6	5	9	4
9	6	5	7	4	9	2	1	3
8	2	4	1	5	3	6	8	7
2	9	6	5	3	1	7	4	8
4	8	1	6	7	2	3	5	9
5	7	3	8	9	4	1	6	2

ALPHA TRIANGLE
p, Pa, Tap, Spat, Paste, Pastie, Baptise.

GO FIGURE
Easy
2 + 6 + 2 + 6 = 16
Medium
2 – 6 + 3 + 4 = 3
Hard
2 x 5 + 7 + 4 = 21

LOOP

KAKURO

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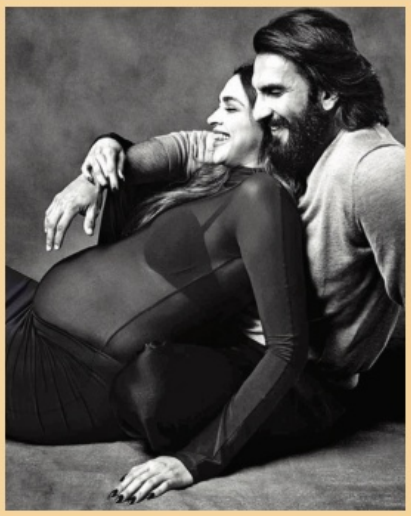


It's a girl!

After Bollywood's star couple Ranveer Singh and Deepika Padukone officially announced that they have welcomed a baby girl, a string of personalities including Arjun Kapoor, Sharvari and Ananya Panday among many others congratulated the new parents and said that the "queen is here."

Ranveer and Deepika in a shared post on Sunday made the announcement on Instagram.

The post read: "Welcome baby girl 8.9.2024... Deepika and Ranveer." Taking to the comment section, their friends and colleagues from the industry congratulated the two, who are fondly called as DeepVeer by their fans.

Actor Arjun Kapoor, who is a close friend of Ranveer and Deepika, wrote: "Laxmi aayi hai! The queen is here."

Deepika's "Gehraiyaan" co-star wrote: "Baby girl! Congratulations." Saif Ali Khan's son and Sara Ali Khan's brother Ibrahim penned: "Congratulations."

Actress Sharvari simply congratulated the stars. Actor and comedian Sunil Grover said "Badhai ho!! Best." Social media sensation and the bestie of B-Townies Orry said: "Biggest biggest."

It was on September 7, when Deepika was photographed going to the HN Reliance Hospital in the Girgaon area of Mumbai. Ahead of her going to the hospital, the couple and their families had visited the Siddhivinayak Temple in Mumbai on September 6. **-IANS**

Got the jitters

Tamannaah reveals what part of parenthood scares her most

Tamannaah Bhatia is currently enjoying the success of her latest track, Aaj Ki Raat, featured in 'Stree 2' starring Shraddha Kapoor and Rajkummar Rao. Recently, the actress opened up on her personal life and revealed why she is scared about having children.

In a recent conversation with Raj Shamani on his podcast, Tamannaah admitted that she has a genuine fear of having children. She explained that her concern stems from wondering how she could ever measure up to the love, care, and nurturing needed to help a child thrive. She added that her parents had pampered her so much that it left her feeling apprehensive about becoming a parent herself.

When the actress was asked to share the best relationship advice she had received. She recalled being told that 'problematic zones' in relationships tend to persist over time. Reflecting on this advice, the 'Stree 2' actress observed that issues noticed early in a relationship are likely to remain, as these challenges become roadblocks that don't change, given that one is aware of their persistence.

Meanwhile, Tamannaah is in a widely discussed relationship with actor Vijay Varma, and the couple has been open about their relationship in the public eye.

Recently, Vijay Verma revealed in a recent interview how he started having feelings for Tamannaah while working on the OTT series 'Lust Stories 2' with her. After the rumours began circulating on the internet, Tamannaah confirmed the relationship in June 2023 with Film Companion.

On the work front, Tamannaah is gearing up for the release of 'Odela 2,' and her recent appearance in a special number in the box office hit 'Stree 2' is going viral on the internet. **-ETimes**

Orlando loses 23 kg in just 3 months

Hollywood actor Orlando Bloom, who plays a boxer in the Sean Ellis film 'The Cut', underwent a stunning physical transformation for the film. In the film, Orlando's character is on the brink of a total breakdown as he races against the clock to drop weight before a fight, reports 'Variety'.

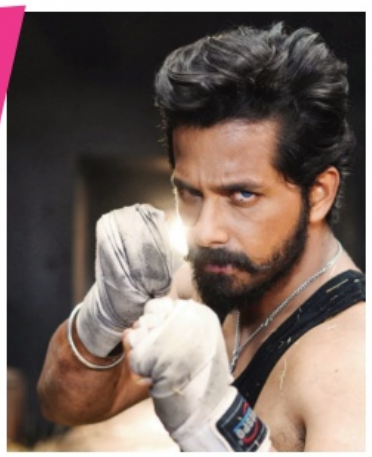
He is guided by a shady coach, played by John Turturro, in his journey. Orlando's character will do anything to shed pounds, even as it threatens his life. As per 'Variety', Orlando himself lost a whopping 23 kg in three months in preparation for the movie, which also stars Caitriona Balfe. He discussed his eye-popping physical transformation at the Toronto Film Festival.

He told 'Variety', "I basically tiered down the food over a three-month period until just before filming, (when) I was at my lightest. I dropped 52 pounds, and I was about 185 when I started. So I dropped quite a lot of weight, and I was very mentally challenged as well. You feed somebody tuna and cucumber long enough."

Since the film follows the boxer on an often disturbing journey to making a lower weight class, Ellis shot 'The Cut' in reverse chronological order, meaning Orlando was actually bulking up during production.

"Your brain is starved of calories, basically," Ellis said. "It was going to be impossible for him to work while dieting. So, he came to us at his lightest, and he started to eat. So that meant we had to shoot the film (with) the ending first..." **-IANS**

A DAY IN DOLLARSPETE (KANNADA)
2.5 RATING ★★½☆☆
- **DIRECTOR** Mohan Muninarayanappa
- **ACTORS** Kushal, Kaushik, Prithvi Ambar, Sowmya Jagan Murthy, Dattu Bankal, Akash, Venkatram, Raghavendra, Honnavalli Krishna..
- **Duration** 117 minutes
- **Certification** UA



Lot of action, many messages

Director Mohan Muninarayanappa has a message for several people with his maiden film. It speaks to anti-social elements, police, teenagers, borrowers, and bank employees. The director shows how lack of focus leads to financial and professional crises for bank employees. He also shows why adolescents must follow their parents' guidance and advice. The most important message is for middle-class people on how they lose peace and hard-earned money if they borrow money at interest from money lenders.

The movie is about incidents that took place at Dollarspete in a day. It revolves around Sankoch (Kaushik), a private bank employee who reluctantly agrees to handle the cash counter as his colleague Pooja (Sowmya Jagan Murthy) is expected to go on maternity leave.

Raja (Kushal), an assistant of a goon, comes to the bank to withdraw money. Sankoch collects details, including the Aadhaar card and account number from Raja but commits a mistake. What the mistake is and whether or not Sankoch meets Raja is what the movie A Day in Dollarspete is all about.

Most of the characters in the movie represent middle-class families and their problems, desires, and ambitions. Kaushik, as a private bank employee who has no money to buy a two-wheeler and has the responsibility to arrange money for his sister's marriage, has acted well. His reaction to his sister's request – to bring Gobi Manchurian – reflects the helplessness and frustration of a brother who is in trouble.

Sowmya Jagan Murthy, as a bank employee who struggles to arrange money for her husband to repay the loan taken from a money lender, is convincing. Her expressions as a hapless wife and the mother of a child and a bank employee deserve appreciation. Kushal, as a jack of all trades, Venkataram, as Palani, who maintains a gambling den and supports politicians, have provided good support. Prithvi Ambar, as Michael from the streets of Goa, is okay.

The lack of comedy to break the monotony is the main issue with this movie. The movie also showcases rampant corruption among police.

All in all, it is worth a watch for mass audiences who crave action movies. **-Y Maheswara Reddy**